

# *PHYSICAL READINESS TEST*



**OPNAVINST  
6110.1F**

**Effective  
01 May 200**

# *PHYSICAL READINESS TEST*

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## 3. Safety Concerns Prior to Conducting PRT

### a. **Operational Risk Management (ORM):**

- (1) An ORM analysis of the event shall be completed at least 24 hours prior to PRT. The ORM process should use the “what if” tool and must include all aspects of the scheduled PRT, from individual’s medical/physical condition, current medications, etc., to terrain, weather, back-up emergency communications, etc.

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## 3. Safety Concerns Prior to Conducting PRT

### a. **Operational Risk Management (ORM):**

(2) Steps shall be taken to ensure all known risks are

eliminated to the maximum extent possible.

Controls shall be put in place to reduce, to an acceptable level, any risks still existing. It is recommended that the ORM process be documented, and that the appropriate level of authority within the chain of

command be given the opportunity to make risk decisions.

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## 3. Safety Concerns Prior to Conducting PRT

### a. **Operational Risk Management (ORM):**

(3) Steps should be taken to ensure a “change analysis” is conducted anytime there is a significant change in any portion of the PRT. Guidelines on conducting a successful ORM

analysis may be found in reference (p) and the COMNAVSAFECEN's

web page:

<http://www.safetycenter.navy.mil>.

# *OPNAVINST 6110.1F*

“Members shall be referred to the Medical Department for evaluation and clearance to participate in the PRT if they:

(4) Are 50 years of age or older and have not successfully completed a PRT in the last 12 months. PRT must have been in conjunction with a command PRT and have been documented.”

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## *Operational Analysis*

- Effective 01 May 2000, members aged 50+ are now required to participate in the PRT program. Prior to 01 May 2000, those over age 50 were required to only participate in the weigh-in and risk screening.
- Requirement: Minimum Standard
  - **Curl-Ups: 30**
  - **Push-Ups: 5**
  - **1.5-Mile Run: 17:15**
  - **Swim: 15:15**

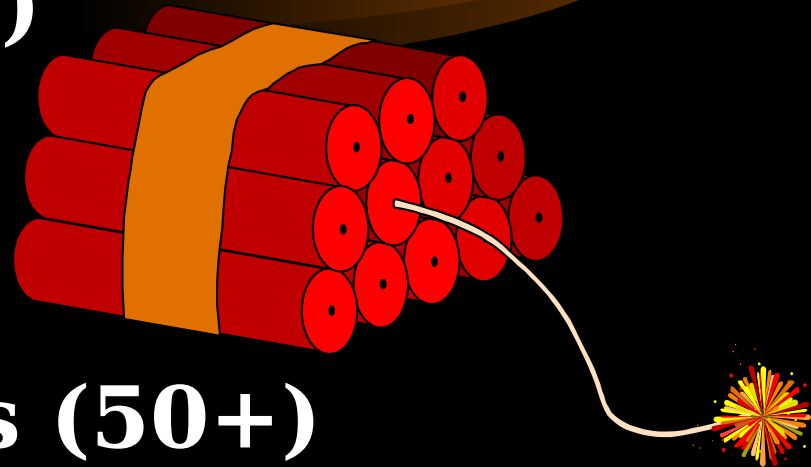
# *ORM Overview*



- 1. Identify Hazards**
- 2. Hazard Assessment**
- 3. Make Risk Decisions**
- 4. Implement Controls**
- 5. Supervise**

# *Identify Hazards (50+) Brainstorming Session*

- **Heart Attack (50+)**
- **Chest Pains (50+)**
- **Arthritic Problems (50+)**
- **Death of Senior Personnel (50+)**
- **Physical Incapacitation (50+)**



# *Identify Hazards (All) Brainstorming Session*

- **Angina Pectoris (All)**
- **Sprains (All)**
- **Trip/Fall Injuries (All)**
- **Heat Stress/Stroke (All)**
- **Respiratory Problems (All)**

# *Hazard Assessment*

<u>Probability</u>	<u>Severity</u>	<u>RAC</u>
1. Heart Attack	May I	2
2. Chest Pains (Sustained)	Probably I	1
3. Arthritic Problems	Likely III	2
4. Death of Senior Personnel	May I	2
5. Physical Incapacitation	May II	3

# *Hazard Assessment*

<u>Probability</u>	<u>Severity</u>	<u>RAC</u>
1. Angina Pectoris	May I	2
2. Sprain	May IV	5
3. Trip/Fall Injuries	May III	4
4. Heat Stress/Stroke	May	II 3
5. Respiratory Problems	May	II 3

# *Hazard Assessment Totem Pole*

<u>Probability</u>	<u>Severity</u>	<u>RAC</u>		
1. Chest Pains (Sustained)	Probably	I		1
2. Heart Attack	May	I	2	
3. Arthritic Problems	Likely	III	2	
4. Death of Senior Personnel	May	I	2	
5. Angina Pectoris	May	I	2	
6. Heat Stress/Stroke	May	II	3	
7. Physical Incapacitation	May	II	3	
8. Respiratory Problems	May	II	3	
9. Trip/Fall Injuries	May	III	4	
10. Sprain	May	IV	5	

# *Make Risk Decisions*



“Medical clearance will be required for all members over 50 who have not successfully completed a PRT in the last 12 months.”

Suggestion:

Institute a remedial PRT work-up with graded exercises to safely monitor and achieve minimum PRT standards.

# *Make Risk Decisions*



Transfer

Reject

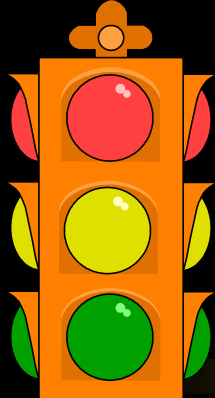
Delay

Reduce

# *Definitions*



1. **Screening**: Pre-PRT risk factor screening for all participants.
2. **Medevac** (Medical Evacuation): Ability to call an ambulance or lifeflight helo to evacuate serious medical concerns to a nearby hospital.
3. **Corpsman**: Examination by assigned Hospital Corpsman for minor complaints. Qualified in CPR
4. **Flag**: Verify that the heat/humidity conditions are within standards for PRT.



# *Implement Controls*

1. Chest Pains (Sustained)      Screening, Medevac
2. Heart Attack      Screening, CPR, Medevac
3. Arthritic Problems      Screening, Corpsman
4. Death of Senior Personnel      Screening, Medevac
5. Angina Pectoris      Screening, Medevac
6. Heat Stress/Stroke      Screening, Flag Conditions
7. Physical Incapacitation      Screening, Warm-Up
8. Respiratory Problems      Screening, Corpsman, ER
9. Trip/Fall Injuries      Screening, Inspect Course
10. Sprain      Screening, Corpsman

# *Supervise*



1. Formal Policy: OPNAVINST 6110.1F
2. Command Policy
  - Staff Assignments
  - Hospital Corpsman
  - Observers/Counters
  - Timers
  - Drivers
3. Common Sense

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**Thank-you  
for your  
attention!**